

Senior Living

PAGE 9

The Arlington Connection

From left: 3-year-old Arman, 1-year-old Zain and 4-1/2-year-old Rehan Smith at the celebration of the 100-year anniversary of the construction of the Cherrydale Fire House on Lee Highway.



Celebrating 100 Years Of Firefighting

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Are Arlington Streams Healthy?

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NEWS



Beth Kiser, Arlington Regional Volunteer and Master Naturalist, volunteers as a stream monitor.



Natalie Revollo who looks as though she is enjoying Chinese take out here, is actually holding a container of insects she and other volunteers fished out of Gulf Branch to monitor the health of the stream.



Volunteers keep the insects in ice cube trays to make it easier to ID the creatures.



The team worked through the morning on a very hot day after the storm, noting the damage the storm had done to the insects and invertebrates who were washed away by the flood.

PHOTOS BY EDEN BROWN/THE CONNECTION

Are Arlington Streams Healthy? Monitoring the quantity of macroinvertebrates is one way to know.

BY EDEN BROWN
THE CONNECTION

A day or two after the big flood in Arlington, a group of about eight volunteers

fished through Gulf Branch to see how the invertebrates were doing. To do this, they coaxed the little squiggly creatures into bags and then put them in ice cube trays to get a better look. The upshot? The

floods had wreaked havoc on the stream, so it was hard to say this time, but overall the trend has been steady. In other words, neither getting better nor getting worse.

“That is not to say that the stream is healthy and therefore not changing,” said one team member: “Rather, we would like to see an increase in the population since it is not as high as it should be.”

These volunteers are all Arlington County residents who go through training to be able to collect and identify macroinvertebrates who live in local streams. They come every season to the same sites in Arlington to count how many of the critters they can find; stream health is indicated by the numbers of macroinvertebrates they find.

Asked about whether the streams in Arlington are OK for dogs to play in and drink from, the team indicated they were not qualified to address that question. However, the signs along Four Mile Run dog park indicate local streams are full of e-coli bacteria and runoff which may contain harmful chemicals, glass, and other pollutants. Several dog owners appeared to be increasing the chance of e-coli in the stream by jettisoning their poop bags into the stream bank instead of using trash cans.

For more information or to volunteer to monitor streams, see: <https://environment.arlingtonva.us/news-macroinvertebrate-monitors/>



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'FLOURISHING AFTER 55'

“Flourishing After 55” from Arlington Office of Senior Adult Programs for Aug. 4-10.

Northern Virginia Senior Olympics, registration open, check website, www.nvso.us or call 703-228-4721.

Pilates class, beginners/intermediate, Monday, Aug. 5, 1:45 p.m., \$25/5 sessions, Arlington Mill. Register, 703-228-7369.

Building strong feet and ankles, Monday, Aug. 5, 8:50 a.m., \$25/5 sessions, Arlington Mill. Register, 703-228-7369.

Spike in Thefts from Vehicles Neighbors meet with police.

BY SHIRLEY RUHE
THE CONNECTION

Mike Cantwell, president of Yorktown Civic Association, met with four Arlington County Police Department (ACPD) officers on Friday, July 12 to discuss neighborhood concerns about a recent increase in car larceny in North Arlington. Statistics released by ACPD on July 5 indicated 354 reported larceny from vehicular and auto tampering in the last three months.

Arlington crime statistics reflect 189 larcenies in the incident comparison for the last 60 days in 2019 compared to 81 in the same time period in 2018, an increase of 133 percent.

Cantwell said, "It was the right thing to do to meet face to face talking this out with the increased break ins." He said he had laid into them the week before by telling the police that the first word out of their mouth shouldn't be to blame the victim for unlocked cars.

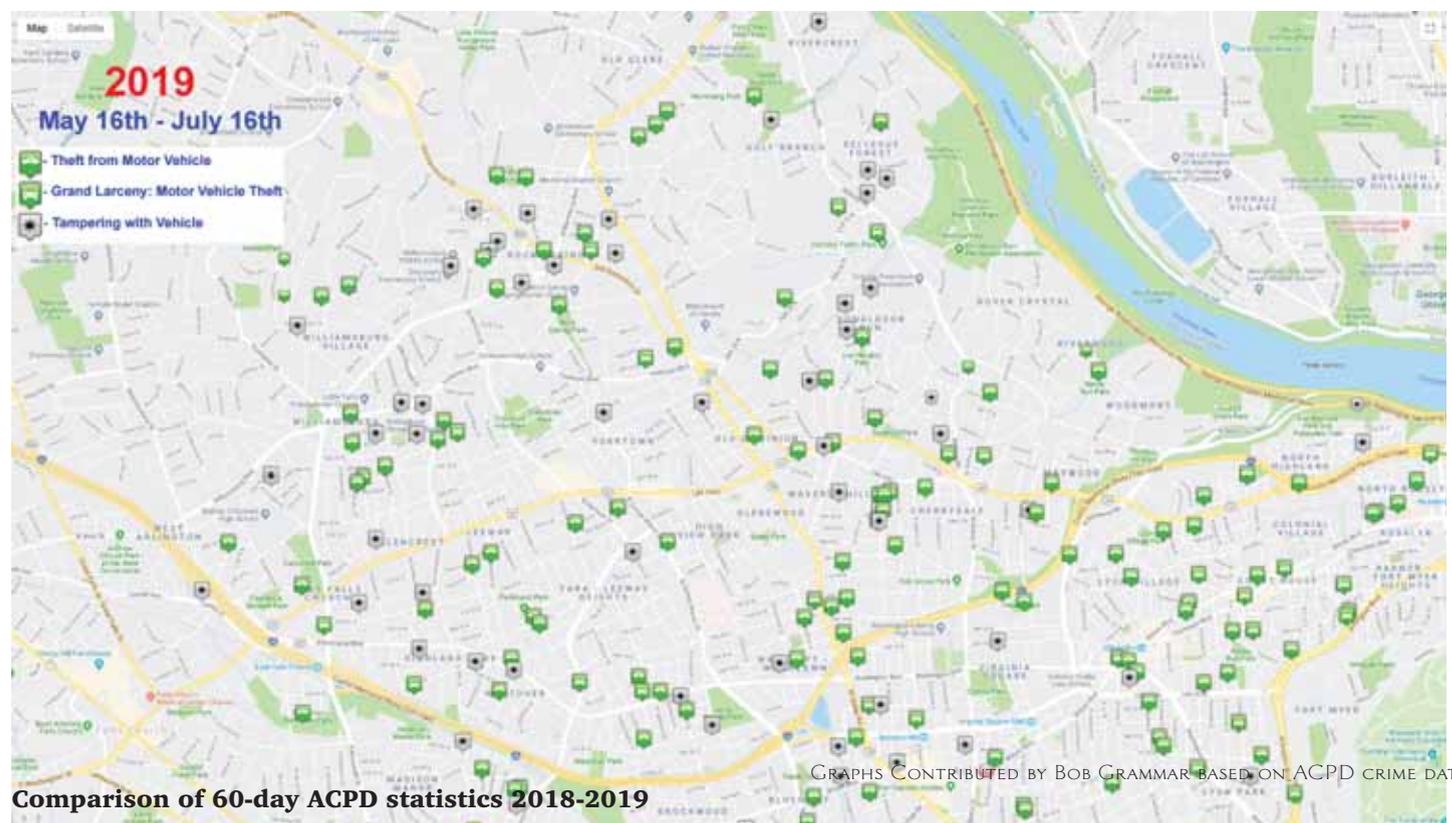
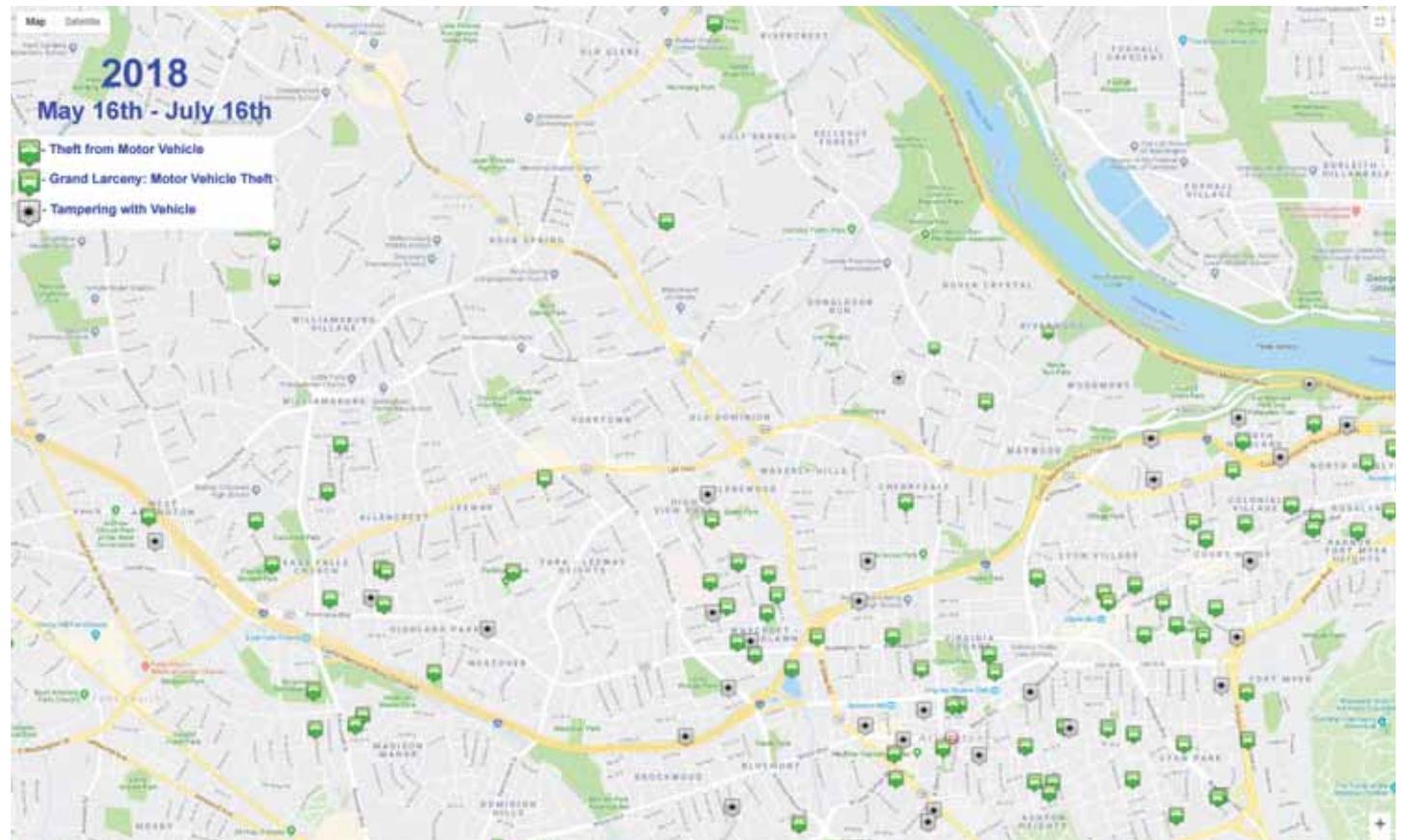
Cantwell continued, "We had a good dialogue. I was impressed they sent four officers for the meeting. They told me what they are doing and encouraged residents to do the right thing."

ACPD recently announced "9 P.M. Routine," a new public safety campaign "aimed at promoting crime prevention strategies to reduce and prevent thefts from vehicles and homes."

Signs have been put up around affected neighborhoods reminding citizens to lock their cars and homes nightly at 9 p.m.

"9 P.M. Routine" advises citizens to set up a reminder at 9 p.m. each evening to ensure that vehicles, residences, garages, windows, gates and sheds have been locked; security devices have been activated; and valuables have been brought inside. According to Ashley Savage, media contact for ACPD, the ACPD data show the majority of reports involve vehicles that were left unlocked.

A barrage of citizen concern has been shared on Nextdoor neighborhood email exchange, which reaches over 15,000 addresses. Bob Grammar from the Yorktown neighborhood says that twice in the last three years, that he knows of, a group came



Comparison of 60-day ACPD statistics 2018-2019

GRAPHS CONTRIBUTED BY BOB GRAMMAR BASED ON ACPD CRIME DATA

SEE NEIGHBORS MEET, PAGE 5



Blinking signs at N. Harrison and Lee Highway reflect the new ACPD public safety campaign: "9 P.M. Routine."

Cherrydale VFD Celebrates 100 Years

More focus on fire prevention.

BY SHIRLEY RUHE
THE CONNECTION

Fire engines lined up in the parking lot of St. Agnes Catholic Church on Randolph Street on Saturday, July 20. Arman, Zain and Rehan Smith stared up at the mysterious silver knobs on the side of the fire trucks while other children climbed into the driver's seats for a pretend drive to a fire.

The parade would wind through the neighborhood streets and end up at Cherrydale Fire House where the rest of the festivities included a chili cook off, a moon bounce, fire truck demonstrations, raffles and Bingo.

The parade kicked off the day-long celebration of the 100-year anniversary of the construction of the Cherrydale Fire House on Lee Highway.

Cherrydale Volunteer Fire Department is the oldest in Arlington and recognized by the National Register of Historic Places as a local historic landmark. The Volunteer Fire Department was formed in 1898 but had no specific fire house until the present one was completed in 1921. The Cherrydale Department has grown to 50-60 volunteers after its beginnings with a group of 12 men who



Cherrydale Volunteer Fire Department Chief Chris Jones says a lot of their job today is prevention.

had gathered to fight a fire.

Mike Paris, a volunteer from McLean, says he just received his 30-year pin. He says the good thing about firefighting efforts today is that there is so much research and development to keep firefighters healthy. "So many have heart attacks and cancer." Now he says they focus on clothing, how it is cleaned, hoses on exhaust. Today he says there are a lot more medical calls. "Fire safety is better and better so there are less fires."

Cherrydale Volunteer Fire Department Chief Chris Jones said, "Today a lot of our job is fire prevention. We spend 80 percent of our time on education. Look at our



Mark Peters; 3-year-old Arman, 1-year-old Zain and 4-1/2-year-old Rehan Smith and McLean Volunteer firefighter Mike Paris join the Cherrydale Volunteer Fire Department at the beginning of its parade Saturday, July 20.

area in Northern Virginia. It is one of the safest places in Virginia." Jones said, "With the new construction materials, Arlington doesn't really burn."

Jones says in addition to celebrating their anniversary today,

the event is a fundraiser to raise money to refurbish the historical building. "It will take a large dollar amount to keep it going for the next 100 years. For instance to restore one of the historic windows probably costs \$1,500."

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Canopy Trees Losing Ground

At least one cause of flooding is tree loss.

Arlington's tree canopy reduction may be part of the reason flooding was so severe this month.

According to Steve Young, a retired EPA staffer, longtime steward of Long Branch Park, Glen Carlyn Park, and other Arlington parks, and an Arlington Regional Master Naturalists instructor and affiliate, "A number of people suggested the flooding was caused by inadequate storm drains. While storm drain problems probably are a factor, a larger factor is our continuing removal of tree canopy and our covering more area with impervious surfaces like roofs and pavement that can't absorb water. Combined with heavy rainfall, the result is more water than drains can be expected to handle. We need solutions that reduce runoff."

— EDEN BROWN



A set of steps leading down into Gulf Branch Nature Preserve was torn apart by the flood, and two ravines were created where there were none. The runoff carved out ravines as it flowed down to the Potomac.



A typical Arlington sight: mature canopy trees taken down and replaced with a much larger house, and fewer trees.

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Neighbors Meet with Police about Spike in Thefts from Vehicles

FROM PAGE 3

by and tried to break into his cars. He says the neighbors told him it is not a new problem and happens occasionally. It's just a nuisance. But there was an increase in frequency and "in May it just blew up."

He wondered if this was just anecdotal. "And this is what prompted me to go back and do the maps." Grammar used the ACPD Nexus-Lexus database to compare reported larceny and stolen cars in 2018-2019. "It blew me away when I looked at it, especially north of Lee Highway."

Neighbors have reported individual stories ranging from unlocked cars, to multiple car break ins of the family's locked vehicles to several who captured the burglary on video, to suspicion that their cars were accessed through devices that can read keyless entry fobs.

Cantwell said the police officers told him, "It is virtually impossible that these people are using electronic fobs. You would need a sophisticated ring to do this." Cantwell said the officers indicated it was not impossible but it would have to be an expensive device. Savage added the reports of key fob access are "not consistent with evidence located during investigations."

Grammar says there is no evidence that there has been key fob access in the Arlington reports but "based on what I've read and online videos it's not that sophisticated



Mike Cantwell, president of Yorktown Civic Association, met with four ACPD officers to discuss neighbors' concerns about the increase in car larceny in N. Arlington since May. From left are Lt. Eliseo Pilco, Cpl. Beth Lennon, Me Lt. Kip Malcolm, and Mike Cantwell.

and the devices only cost \$100-150." Grammar says a common theme in the stories is to be careful because these electronics are available. Some of the neighbors suggest putting your key fob in a coffee can, aluminum foil or the freezer. Others say it hasn't worked for them.

A Tech Digest report indicates Ford is introducing new security technology to its Fiesta and Focus models which prevents illegal hacking of the keyless entry fobs when not in use. The report indicates, "Keyless entry fobs of all makes of cars have been targeted by thieves with relay box equip-

VEHICLE CRIME STATISTICS COMPARISON

Category	2018	2019	Percent Change
Grand Larceny:			
Motor Vehicle Theft	15	28	87%
Grand Larceny:			
Theft from			
Motor Vehicle	20	13	-35%
Petit Larceny:			
Theft from			
Motor Vehicle	24	85	254%
Tampering with Vehicle	22	63	186%
Total	81	189	133%

ment used to extend the signal from fobs in homes to unlock and start vehicles parked outside."

Simon Hurr, Ford security specialist, said, "The online availability of devices which have no place in public hands has long been a problem for Ford, our industry and our crime fighters."

Meanwhile residents continue to report:
 ❖ "My car was broken into in our driveway last night. Belongings in the glove compartment were scattered over the floor and the battery was drained."

❖ "Our car was locked and the alarm went off at 2:30 a.m. but by the time I got there, the burglar had left."

❖ "I forgot to lock it. Won't do that again."

❖ "I suspect there is just one remedy. Lock Your Doors."

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Summer Cabarets. Through Aug. 4, at Signature Theatre, 4200 Campbell Ave. See seven acts over three weeks: musicals, Motown and more. Sung by artists including Broadway performers and local stars – Maria Rizzo: Vamping; Joe Coleman: No Boundaries; Awa Sal Secka & Christian Douglas: Two's Company; The Christie Dashiell Quarter: Earth, Wind & Fire; Erin Driscoll: My Favorite Things; Melissa Errico: Sondheim Sublime; and Wesley Taylor: Finally, a Show about ME. \$38 or subscribe to all seven shows for \$175. Visit www.sigtheatre.org for more.

Treasure Island. Through Aug. 18, at Synetic Theater, 1800 S. Bell St. An all-new adaptation of Treasure Island follows Jane Hawkins, an orphan who longs for adventure, as she is swept up on a wild hunt for buried treasure with a ruthless band of buccaneers. Tickets start at \$35. Visit synetictheater.org.

Art Exhibit: Escape Velocity.

Through Aug. 19, gallery hours at The Fred Schneider Gallery of Art, 888 N Quincy St., Suite 102. "Escape Velocity" showcases abstract paintings on canvas by Singapore-born artist Chee-Keong Kung. Kung is influenced by his formal education in art and architecture as well as his upbringing in multi-ethnic Singapore. Free, open to the public. Visit www.fredschnidergalleryofart.com for more.

Summer Movie Nights. Through Aug. 24, Fridays at Arlington Mill Community Center and Saturdays at



PHOTO COURTESY OF STAYARLINGTON.COM

The crowd observes the Shadow Alignment at Dark Star Park Day 2018, at precisely 9:32 a.m. This year's 35th Anniversary celebration for 2019 will include the live performance of a world premiere site-specific composition by the new music duo, Janel and Anthony.

Dark Star Park 35th Anniversary

Every Aug. 1 at 9:32 a.m., Nancy Holt's Dark Star Park (1984), in Arlington's Rosslyn neighborhood, aligns with the sun. Shadows cast by the spheres and poles of this landmark outdoor sculpture align with their permanent forms on the ground, marking the moment of Rosslyn's founding. This year, the Smithsonian's Hirshhorn Museum and Sculpture Garden and Holt/Smithson Foundation join with Arlington Public Art in celebration. The community is invited to watch as the sculpture aligns with the sun and celebrate with light refreshments. Thursday, Aug. 1, 9 a.m. at Dark Star Park, 1655 Fort Myer Drive. Free and open to the public. Visit publicart.arlingtonva.us.



PHOTO BY JIM TURNER

Complete Dogness

Jane Franklin Dance presents Complete Dogness, a family friendly dance performance about a little doggy with bad habits. She can eat a delicious wool sweater or steal a whole block of cheese. But there is hope as Barky learns new tricks and as the whole family adjusts. The performance incorporates spoken word, movement, music, and interactive participatory activities for young children. Wednesday, July 17, 4 p.m. at Westover Library, 1644 N. McKinley Road #3. Thursday, Aug. 8, 1:30 p.m. at Central Library, 1015 N. Quincy St. and 4 p.m. at Aurora Hills Branch Library, 735 18th St. S. Free. Visit www.janefranklin.com/arlington-libraries or call 703-933-1111.

Penrose Square. The Columbia Pike Revitalization Organization (CPRO) is proud to announce the theme for its popular Summer Movie Nights for 2019, "Heroes and Heroines: Movies with a Mission." From hidden math heroes to fantasy flying figures, enjoy a summer of 22 films that feature comic book heroes and icons of social justice. All films are rated G, PG, or PG-13. Visit www.Columbia-Pike.org for schedule.

Glow Yoga at the Fountain.

Sundays, through Aug. 25, 7-8 p.m. at Crystal City Water Park, 1601 Crystal Drive. Join Mind Your Body Oasis at the Crystal City Water Park for fun and free yoga sessions. Reset for the week ahead with a relaxing hour-long workout under the glow of the fountain lights. Free. Call 703-412-9430 or visit www.crystalcity.org/do/yoga-at-the-fountain for more.

Rosslyn Putt-Putt + Candy BAR.

Through Aug. 31, Fridays, 5-9 p.m.; Saturdays, 10 a.m.-6 p.m. at 1401 Wilson Blvd. Arlington's newest pop-up, Rosslyn Putt-Putt + Candy BAR, will feature mini golf and a retro snack stand. Play nine holes of mini golf (\$3) featuring constructions of favorite neighborhood landmarks. The adjoining Candy BAR will be serving up beer, wine, candy and popsicles. There will also be carnival games and old-school video games indoors. Visit www.rosslynva.org/putt for more.

Registration Open: NVSO. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must

be completed by Aug. 31 at www.nvso.us.

Summer Exhibitions. Through Sept. 7 at Arlington Arts Center, 3550 Wilson Blvd. Visit www.arlingtonartscenter.org or call 703-248-6800.

❖ **Transitional Objects.** Working in sculpture, installation, and video, these artists experiment with unconventional materials, take inspiration from or produce functional objects, and create sculptures that elucidate both the allure and the difficulty of material forms. Transitional Objects artists: Kyle Bauer, Calder Brannock, Dexter Ciprian, Emily Culver, Liz Ensz, Kyle Hittmeier, Trish Tillman, and Holly Trout.

❖ **Jen Noone: Sort of, Kind of, Almost.** Noone repeatedly coats the surfaces of acrylic boxes, picture frames, and shelving units, before scraping away layers of the dried latex. Each new layer of paint represents an attempt to improve upon the previous layers. While the pursuit of perfection may inevitably result in failure, Noone's work suggests that the quest for the ideal form, even if it repeatedly misses the mark, has a beauty and charm all its own.

❖ **Jason Horowitz: Ashton Heights Re/Seen.** Photographer Jason Horowitz uses the Photo Sphere/Street View app and his smartphone's camera to create immersive abstract views. For Ashton Heights Re/Seen, Horowitz presents a selection of images from the Re/Seen series all made a short distance from Arlington Arts Center.

Outdoor Zumba. Wednesdays, through Sept. 25, 12:30 p.m. in the Courtyard at 2121 Crystal Drive. The Crystal City BID, Sport and Health fitness club and JBG SMITH invite you to join them for free midday

Zumba in the courtyard of 2121 Crystal Drive on Wednesdays. Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program for all to enjoy. Free. Call 703-412-9430 or visit www.crystalcity.org/do/outdoor-zumba-2018 for more.

Fridays at the Fountain. Fridays, through Oct. 25, 5-9 p.m. at The Stand at the Crystal City Water Park, 1601 Crystal Drive. Fridays at the Fountain is a seasonal pop-up beer garden set within the Crystal City Water Park, featuring food, drink and a rotating lineup of live music from local bands and musicians. Free to attend; selection of food available for purchase. Call 703-412-9430 or visit www.crystalcity.org/do/fridays-at-the-fountain for more.

Arlington Mill Farmer's Market. Saturdays, through Nov. 23, 9 a.m.-1 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. The market features produce, meats, and dairy products from our region's top local vendors. Support local farmers and entrepreneurs. Come for opening day and meet special guests, the Arlington Art Truck, South Arlington Moms Club, Long Branch Nature Center, and more. Visit columbia-pike.org/fm-arlington-mill.

THURSDAY/JULY 25

Rock at the Row: Cruisers Navy Band. 7-9 p.m. on the plaza at Pentagon Row. Featuring music from popular cover and military bands. Refreshments and cocktails will be available for purchase from featured merchants. Visit pentagonrow.com/events for more.

THURSDAY-SUNDAY/JULY 25-28

Newsies. Thursday-Friday, 7:30 p.m.; Saturday, 2 and 7:30 p.m.; Sunday, 2 p.m. at Kenmore Middle School Theatre, 202 S. Carlin Springs Road. Encore Stage & Studio proudly presents Disney's Newsies. Set in turn-of-the century New York City, Newsies is the tale of Jack Kelly, a charismatic newsboy and leader of a band of teen aged "newsies." This musical is recommended for ages 6 and up. \$15 adults; \$12 children, students, military, and seniors. Visit www.encorestage.org or call 703-548-1154 for tickets.

FRIDAY/JULY 26

Summer Yoga. 5:30-6:30 p.m. at Ballston Exchange, 4121 and 4201 Wilson Blvd. Celebrate summer at Ballston Exchange with free yoga provided by CorePower Yoga on select summer Fridays. After yoga, grab a free pastry and \$5 off anything at the clean eating restaurant DIRT. Visit www.ballstonexchange.com for more.

Live Music: Mariachi Los Amigos. 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. Los Amigos truly are what their name depicts: a group of friends who share a passion for the lively, extravernted sound of mariachi music. Concerts take place Friday-Saturday, 8 p.m. and Sundays, 11 a.m., through Sept. 15. Free. Call 703-228-1850 or visit www.arlingtonarts.org.

Moths by Moonlight Campfire. 8:30-9:30 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Learn about moths and other night-flying insects before visiting a black light setup to see who's flying at night. For information: 703-228-3403. Meet at Gulf Branch Nature Center. \$5. Register children and adults; children must be accompanied by a registered adult. Register at 703-228-4747 or registration.arlingtonva.us.

Friday Night Movies: The

ENTERTAINMENT

Incredibles. Begins just after sunset at Arlington Mill Community Center, 909 S. Dinwiddie St. Limited seating provided, bring a chair. Visit www.columbia-pike.org/movie-nights.

SATURDAY/JULY 27

Casting Call. 11 a.m.-3 p.m. at Fashion Centre at Pentagon City (Second Level, near Macy's), 1100 S. Hayes St. Open casting call for interested women sizes 10 and up as well as men sizes 2XL. Bring a photo or composite card to be considered for an upcoming fall fashion show, taking place Sept. 21. No previous modeling experience is required. Free. Register at districtofcurves.com.

Grasshoppers & Crickets. Noon-1 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Ages 3-5 years. Adults must remain with children during program. \$5. Register at 703-228-4747 or registration.arlingtonva.us. 703-228-6535 or longbranch@arlingtonva.us for information.

Long Branch Tiny Tots. 1-1:45 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Ages 18-35 months. Adults must remain with children during program. \$5. Register at 703-228-4747 or registration.arlingtonva.us. 703-228-6535 or longbranch@arlingtonva.us for information.

Summer Exhibitions Gallery Talk.

1-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Join for a gallery talk with the artists of Transitional Objects, AAC resident artist Jen Noone, and photographer Jason Horowitz. Tour the exhibitions with the participating artists and AAC staff, engage in a conversation about the works on view, and then meet and mingle at a reception with these talented artists. Visit www.arlingtonartscenter.org or call 703-248-6800.

Netherlands Carillon Recital Series.

6-8 p.m. at Arlington Ridge Park, George Washington Memorial Parkway. Enjoy sweeping views of Washington, D.C., while guest artists play patriotic music, jazz, and pop on the carillon's 50 bells. Meet on the lawn at the foot of the carillon. Free and open to everyone. Visit www.nps.gov/gwmp/playourvisit/netherlandscarillon.htm for more.

Nocturnal Senses Night Hike.

7:30-8:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Come experience the forest at night like nocturnal animals. Hike the trails doing senses experiments to help find the way in the dark. For information: 703-228-6535. \$5. Families ages 6 and up. Register children and adults; children must be accompanied by a registered adult. Register at 703-228-4747 or registration.arlingtonva.us.

Live Music: Shamans of Sound.

8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. The Shamans of Sound is a new project, but the band members are all veterans of the Washington, D.C. music scene. Concerts take place Friday-Saturday, 8 p.m. and Sundays, 11 a.m., through Sept. 15. Free. Call 703-228-1850 or visit www.arlingtonarts.org.

Saturday Night Movies: Selma.

Begins just after sunset at Penrose Square, 2501 9th Road S. Limited seating provided, bring your own chair. Visit www.columbia-pike.org/movie-nights.

SUNDAY/JULY 28

Family Performance: Levine School of Music.

11 a.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. Join Levine's First Music faculty for an evening of music and fun for the whole family. Concerts take place Friday-Saturday, 8 p.m. and Sundays, 11 a.m.,



Summer Yoga

Celebrate summer at Ballston Exchange with free yoga provided by CorePower Yoga on select summer Fridays. After yoga, grab a free pastry and \$5 off anything at the clean eating restaurant DIRT. Fridays, July 26, Aug. 9 and 30; 5:30-6:30 p.m. at Ballston Exchange, 4121 and 4201 Wilson Blvd. Visit www.ballstonexchange.com for more.

through Sept. 15. Free. Call 703-228-1850 or visit www.arlingtonarts.org.

Debut Novel Release.

7 p.m. at One More Page Books, 2200 North Westmoreland St. Celebrating the release of Danielle Stinson's debut novel *Before I Disappear*, an action-packed young adult novel where a young woman has to find her little brother after her town disappears into thin air. Visit www.onemorepagebooks.com for more.

MONDAY/JULY 29

Hamilton: the Man and the Music.

2:30-4:30 p.m. at the Arlington Central Public Library, 1015 N. Quincy St. Encore Learning presents a multimedia presentation of "Hamilton: the Man and the Music." The speaker, Dan Sherman, will review how Hamilton's life has been put on stage. He will explain why the show has had such broad appeal. The public is invited. Call Encore Learning at 703-228-2144 for more.

WEDNESDAY/JULY 31

Decades of Summer Concerts:

Nathaniel Davis. 6:30-8:30 p.m. in front of the Signature Theatre at the Village of Shirlington. Rock out with favorite local bands performing a mix of '70s, '80s, '90s and original tunes. Enjoy \$5 wine tastings courtesy of Cheesetique, take out a meal from a favorite Shirlington restaurant, and soak in the setting sun to live music. Visit villageatshirlington.com/events for more.

THURSDAY/AUG. 1

Dark Star Park 35th Anniversary.

9 a.m. at Dark Star Park, 1655 Fort

Myer Drive. Every Aug. 1 at 9:32 a.m., Nancy Holt's Dark Star Park (1984), in Arlington's Rosslyn neighborhood, aligns with the sun. Shadows cast by the spheres and poles of this landmark outdoor sculpture align with their permanent forms on the ground, marking the moment of Rosslyn's founding. This year, the Smithsonian's Hirshhorn Museum and Sculpture Garden and Holt/Smithson Foundation join with Arlington Public Art in celebration. The community is invited to watch as the sculpture aligns with the sun and celebrate with light refreshments. Free and open to the public. Visit publicart.arlingtonva.us.

Rock at the Row: Keeton Band.

7-9 p.m. on the plaza at Pentagon Row. Featuring music from popular cover and military bands. Refreshments and cocktails will be available for purchase from featured merchants. Visit pentagonrow.com/events for more.

FRIDAY/AUG. 2

Big Bullfrogs Campfire.

7-8 p.m. at Gulf Branch Nature Center, 3608 N. Military Road. Families. Register children and adults; children must be accompanied by a registered adult. The whole family is invited to meet at the Gulf Branch fire ring for lots of old-fashioned fun. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores. \$5. Call 703-228-3403. Register online at registration.arlingtonva.us, use code #642859-E.

Live Music: Company Danzante.

8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. Company Danzante is a

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The Pet Connection will publish on July 31, 2019, and photos and stories of your pets with you and your family, along with any advertisements, should be submitted by July 25.

This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

Find more information about submissions online at www.connectionnewspapers.com/pets.

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- Springfield Connection
- Vienna/Dakota Connection

ENTERTAINMENT

contemporary repertory dance company based in Arlington. Concerts take place Friday-Saturday, 8 p.m. and Sundays, 11 a.m., through Sept. 15. Free. Call 703-228-1850 or visit www.arlingtonarts.org.

Friday Night Movies: Mulan (G). Begins just after sunset at Arlington Mill Community Center, 909 S. Dinwiddie St. Limited seating provided, bring your own chair. Visit www.columbia-pike.org/movie-nights for more.

SATURDAY/AUG. 3

Fort C.F. Smith Park Walking Tour. 9-10 a.m. at Fort C.F. Smith Park, 2411 N. 24th St. Families, ages 7 and up. Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. Learn about the park's history, the role of the fort and the soldiers stationed there in the Civil War. Dress for the weather. Terrain will be uneven and possibly muddy. Register children and adults; children must be accompanied by a registered adult. Free. For information, call 703-228-4775. Register online at registration.arlingtonva.us, use code #642759-C.

Civil War Discoveries: Skirmish Drills. 11 a.m.-noon at Fort C.F. Smith Park, 2411 N. 24th St. Ages 7-11. Skirmishers played a special role in Civil War armies. Learn their functions and practice their drills. \$5. For information, call 703-228-4775. Register online at registration.arlingtonva.us, use code #642729-C.

Summer Blooms in the Garden. 11 a.m.-noon at Glencarlyn Library Community Garden, 300 South Kensington St. Take a tour of the Glencarlyn Library Community Garden with an Extension Master Gardener to view the plants in bloom and discuss the care that they need. A wonderful way to learn about plants to fill in bloom gaps in a garden and that can provide pollinator sustenance and beauty during the "dog days" of mid-summer. Free. Questions? Call 703-228-6414 or email mgaralalex@gmail.com.

Civil War Discoveries: Build a Fort. 1-2 p.m. at Fort C.F. Smith Park, 2411 N. 24th St. Ages 7-11.



PHOTO BY GAIL BINGHAM

Mouse in the House

Jane Franklin Dance performs *Mouse in House*, adapted from the book by Elizabeth Spire. This show is about a mouse who forms a friendship with reclusive 19th-century poet Emily Dickinson. The mouse's life changes forever when a gust of wind blows one of Emily's poems her way. Moved by Emily's evocative words that capture her own feelings, the mouse becomes determined to be a poet herself. Monday, July 8, 1:30-2:30 p.m. at Cherrydale Branch Library, 2190 Military Road and 4 p.m. at Glencarlyn Branch Library, 300 S. Kensington St. Tuesday, Aug. 6, 4 p.m. at Shirlington Branch Library, 4200 Campbell Ave. and 7 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Free. Visit www.janefranklin.com/arlington-libraries or call 703-933-1111.

Investigate how and why forts were built in Arlington during the Civil War. Then work as a team to design forts to defend the city. \$5. For information, call 703-228-4775. Register online at registration.arlingtonva.us, use code #642729-D.

Netherlands Carillon Recital Series. 6-8 p.m. at Arlington Ridge Park, George Washington Memorial Parkway. Enjoy sweeping views of Washington, D.C., while guest artists

play patriotic music, jazz, and pop on the carillon's 50 bells. Meet on the lawn at the foot of the carillon. Free and open to everyone. Visit www.nps.gov/gwmp/playourvisit/netherlandscarillon.htm for more.

Live Music: Irene Jarenti. 8 p.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. Italian-born, Baltimore-based jazz vocalist Irene Jarenti brings a jazz take on the legendary rock anthems of The Beatles. Concerts take place

Friday-Saturday, 8 p.m. and Sundays, 11 a.m., through Sept. 15. Free. Call 703-228-1850 or visit www.arlingtonarts.org.

Saturday Night Movies: Norma Rae (PG). Begins just after sunset at Penrose Square, 2501 9th Road S. Limited seating provided, bring a chair. Visit www.columbia-pike.org/movie-nights for more.

SUNDAY/AUG. 4

Family Performance: Mr. Gabe and the Circle Time All Stars. 11 a.m. at Lubber Run Amphitheater, N. Columbus Street & 2nd Street N. Mr. Gabe is a former stay-at-home dad turned children's entertainer. He and his band, the Circle Time All-Stars, have been delighting young audiences throughout the area for over five years. Concerts take place Friday-Saturday, 8 p.m. and Sundays, 11 a.m., through Sept. 15. Free. Call 703-228-1850 or visit www.arlingtonarts.org.

Creek Trek. 1:30-3 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Ages 8-12. Participants will get wet climbing rocks and splashing into the water as they trek along in Long Branch Creek. Look for crystals, fossils, minnows, aquatic insects and maybe even find water snakes. Must wear closed-toe shoes in the water. Free. Call 703-228-6535 or register online at registration.arlingtonva.us, use code #642929-E.

Arlington Musicians Unite. 5-9 p.m. at Whitlows on Wilson, 2854 Wilson Blvd. On the morning of Monday, July 8, torrential rains caused major flash flooding in Arlington. Many businesses in the Westover neighborhood were affected by the flash flooding and experienced extensive damage. All proceeds from the event will be donated to the GoFundMe campaign dedicated to benefit affected businesses. Visit www.gofundme.com/WestoverMerchantsDamagedByFlood7/8 for more. Purchase advance tickets at www.giftrocker.com/secure/Order/?h=49f3b046.

TUESDAY/AUG. 6

Mouse in the House. 4 p.m. at Shirlington Branch Library, 4200 Campbell Ave. and 7 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Jane Franklin Dance performs *Mouse in House*, adapted from the book by Elizabeth Spire. This show is about a mouse who forms a friendship with reclusive 19th-century poet Emily Dickinson. Free. Visit www.janefranklin.com/arlington-libraries or call 703-933-1111.

President Roosevelt Rode Here

Arlington citizens rally to save historic house.

The historic cottage on N. 26th Street, a rare bit of Arlington history left standing, is for sale again one year later. Arlington's second oldest house sold for \$625,000 in August 2018. After investors made some changes and flipped it, the house was put on the market in July 2019 at \$825,000. Members of the Arlington Historical Society and other interested citizens are reaching out to ascertain if there are any binding preservation or other architectural covenants currently applicable to the property that could preserve this historic landmark.

The Arlington County Historical Landmark posted at the location reads:

Caleb Birch, a farmer and constable, built a log house here around 1800 on land granted to his grandfather James Robertson by Lord Fairfax in 1724. The original house burned and was rebuilt about 1836. A second log cabin was added 10 years later. The two cabins, although separate, had a common roof forming what was known as a "dog trot" house. Later President Theodore Roosevelt rode horseback in this area with his friend and White House physician Rear Admiral Pressley M. Rixey on whose estate Birchwood stood. Rixey's valet Richard Wallace lived at Birchwood and Roosevelt visited Wallace here in 1936. Birchwood was later reconstructed using the original logs.

— SHIRLEY RUHE



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Historic Birchwood for sale again.

Senior Living



Drinking plenty of non-alcoholic fluids like water, even if you're not thirsty can help prevent heat related illnesses.

Beating the Heat

Seniors at greater risk for heat-related illnesses.

BY MARILYN CAMPBELL
THE CONNECTION

With the sunny days of mid-summer come sweltering heat. This week's heat indexes topping 110 degrees in some cases illustrate that July and August are the hottest months of the year, according to the National Centers for Environmental Information.

Soaring temperatures may have the greatest impact on those who are over the age of 65.

"They are more likely to have a chronic medical condition that changes the normal body's responses to heat," said Amy Vennett, BSN, RN, Program Manager and Nursing Case Management for Arlington, County. "Older adults don't adjust as well as young people to sudden changes in temperature. They're more likely to take prescription medicines that affect the body's ability to control its temperature or sweat."

The physical, cognitive and social changes that happen as one ages, make one more susceptible to illnesses related to extreme heat, says Ingrid Parkhurst, Center Nurse Coordinator and Gerontologist for the Fairfax County Health Department. "So, when it comes to the heat, we need to think about all three perspectives. Physically, older adults might overheat, sunburn and dehydrate more easily given changes to their bodies. Cognitively, older people are more likely than the general population to suffer from some mental decline, [and] they may not be able to communicate their needs in the heat as readily, leaving them open to dehydration and heat-related illnesses."

Vennett says that the signs that might signal the onset of such an illness include "Heat stroke, heat exhaustion, heat cramps, sunburn, and heat rash."

Local counties offer help during times of extreme heat, says Brian Roberts of the Montgomery Health



and Human Services Department. "Anyone who needs to get out of the heat can take advantage of the cooling centers like senior centers during normal business hours."

Staying indoors during the hottest parts of the day, is the most obvious way to prevent illnesses, says Vennett. "If you do spend time outside, wear light-

weight, loose-fitting clothing. Drink plenty of non-alcoholic fluids like water, even if you're not thirsty."

"Stay ahead of your thirst," continued Vennett. "On days with heat advisories, take sips from a water bottle all day. If you feel sick, see your physician. Older adults can have multiple health problems at once, and dehydration can affect any of these."

Some older adults go through social changes that could leave them isolated and unable to

seek help before reaching the point of an extreme heat-induced illness, says Parkhurst. "That is dangerous because if they do not have social connections it will be harder for them to access the care they need, especially in an emergency," she said. "Those who are isolated or lack the physical ability to drink adequate amounts of water or recognize thirst are at greater risk. And, dehydration easily leads to urinary tract infections in older adults."

"When it comes to severe heat and the elderly, we worry about dehydration and heat related illnesses."

— Ingrid Parkhurst, Mount Vernon Adult Day Health Care, Fairfax County Health Department

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VDOT Virginia Department of Transportation

North Glebe Road over Pimmit Run Bridge Rehabilitation

Arlington County

Public Information Meeting

Tuesday, August 13, 2019

6:30 p.m. – 8:30 p.m.

Presentation starts at 7 p.m.

Williamsburg Middle School
3600 North Harrison Street
Arlington, VA 22207

Find out about plans to rehabilitate the North Glebe Road (Route 120) bridge over Pimmit Run to improve safety for drivers, bicyclists and pedestrians and extend the overall life of the bridge. The bridge was built in 1973.

The planned improvements include repairing and resurfacing the bridge deck, repairing bridge abutments, beams, bearings and piers, replacing the pedestrian barrier and handrail, and guardrail and drainage upgrades.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2304 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **August 23, 2019** to Mr. Shahrad Behboodi, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference "North Glebe Road over Pimmit Run Bridge Rehabilitation" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775.

State Project: 0120-000-870, P101; 0120-000-867
UPCs: 114105, 111691
Federal: STP-BR09 (297)

Legals

ABC LICENSE

HBLH LLC trading as Cafe Colline, 4536 Lee Hwy, Arlington VA 22207-3304. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises/Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Ian Hilton, Managing Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

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SPORTS

Undefeated in Division III

In their final meet of the NVSL Division III season, undefeated Donaldson Run Thunderbolts clinched a win at home on Saturday, July 20, against the Hunter Mill Sharks bringing their record to 5-0. The final score was 267-153.

DR swimmer Jack Tsuchitani broke a 2017 team record in 50 free with a time of 25.96. Charlie Greenwood and Andrew Meighan both broke their own DR team records in 50 fly with times of 31.83 and 27.06 respectively. The DR 8 & under boys 100 free relay team (Michael Maloney, Miles Ledford, Jack Taylor, James Madden) also broke a 2010 team record with a time of 1:16:07.

Double individual race winners for Donaldson Run were: James Madden (boys' 8 & under 25 free and 25 fly); Jack Tsuchitani (boys' 13-14 50 free and 50 fly); Michael Maloney (boys' 8 & under 25 back and 25 breast); Annika Ledford (girls' 8 & under 25 free and 25 fly); Rachel Conley (girls' 11-12 50 free and 50 fly); Diya Redburn (girls' 11-12 50 back and 50 breast); Grace Jansen (girls' 13-14 50 breast and 50 fly).

The team's single winners were: Sean Conley (boys' 15-18 50 free); Thomas Rodman (boys' 11-12 50 back); Hank Holley (boys' 13-14 50 back); Daniel Brooks (boys' 15-18 50 back); Hayden Hill (boys' 9-10 50 breast); Phillip Brooke (boys' 13-14 boys' 50 breast); Charlie Greenwood (boys' 11-12 50 fly); Andrew Meighan (boys' 15-18 50 fly); Keegan Clark (girls' 8 & under 25 breast); Evelyn Maloney (girls' 9-10 50 breast); Ryan Clark (girls' 9-10 25 fly).

Donaldson Run won 10 relays. Winning relay teams included: Annika Ledford, Keegan Clark, Anna Edgerton, Yvelisse Cabocel (girls' 8 & under 100 free); Kinley Henault, Evelyn Maloney, Ryan Clark, Eleanor Wertzler (girls' 9-10 100 medley); Ellen Wright, Diya Redburn, Rachel Conley, Scarlett Bennett (girls' 11-12 100 medley); Michael Maloney, Miles Ledford, Jack Taylor, James Madden (boys' 8 & under 100 free); Miles Nelson, Hayden Hill, Peter Madden, Aram Connable (boys' 9-10 medley); Will Taylor, Charlie Greenwood, Thomas Rodman, Jimmy Egan (boys' 11-12 100 medley); Phillip Brooke, Jack Tsuchitani, Hayden Stolzenberg, Charlie Taylor (boys' 13-14 100 medley); Sean Conley, Daniel Brooks, Andrew Meighan, Harrison Rehr (boys' 15-18 200 medley); Charlie Greenwood, Peter Madden, Jack Tsuchitani, Sean Conley (boys' Mixed Age 200 free); Rachel Conley, Eleanor Wertzler, Grace Jansen, Emma Hutchison (girls' Mixed Age 200 free).



Keegan Clark (girls' 8 & under 25 breaststroke)



Miles Nelson (boys' 9-10 50 backstroke)



Jimmy Egan (boys' 11-12 50 breaststroke)



Jack Tsuchitani (boys' 13-14 butterfly)



PHOTO BY EDEN BROWN/THE CONNECTION

Eco Faux Pas

A dog walker thought it would be OK to put the plastic dog poop bag into the organic matter bag because? He or she probably thought: it's not really that bad to do this because poop is organic? Or, I'm only messing up one bag of leaves, not someone's personal black bin? Whatever the rationale, by putting a plastic dog poop bag into the bag of leaves he or she is making sure those leaves don't get composted as the homeowner intended. And that's a faux pas.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

WEDNESDAY/JULY 24

Coffee and Conversation. 10-11 a.m. at The Springs Apartments multipurpose room, 4318 N. Carlin Springs Road. Peter Rousselot, who writes "Peter's Take" for ARLnow, will share his thoughts and ideas about flood prevention in Arlington. Presented by Arlington Neighborhood Village. Individuals should bring coffee. No RSVP needed. More at www.arlnvil.org.

Solar and Electric Charger Info Session. 7:30 p.m. at Our Lady Queen of Peace Catholic Church, 2700 19th St. S. Arlington residents interested in installing solar power or an EV charger at home can learn about solar energy and EV technology, as well as how co-ops can help the transition, at this info session with the Arlington Solar and EV Charger Co-op. Register at secure.everyaction.com/h4VARowwuU2g2vIYvcfa9g2.

THURSDAY/JULY 25

Energy Masters Informational Happy Hour. 6-8 p.m. at O'Sullivan's Irish Pub, 3207 Washington Blvd. Energy Masters, a program that promotes a more energy efficient and sustainable community, is accepting community and student (age 16 or older) volunteer applications for the next training program, which begins in October. After training, volunteers deliver community education and outreach programs in affordable housing communities in Northern Virginia. There is a program fee, and application period closes Sept. 15. Visit www.ecoactionarlington.org/community-programs/energy-masters.

WEDNESDAY/JULY 31

Coffee and Conversation. 10-11 a.m. at The Springs Apartments multipurpose room, 4318 N. Carlin Springs Road. Dong Xiang, a representative of the Shen Yun Symphony Orchestra, will discuss eastern and western music and arts. Presented by Arlington Neighborhood Village. Individuals should bring coffee. No RSVP needed. More at www.arlnvil.org.

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"Come On Down!"



By **KENNETH B. LOURIE**

Except I was not sitting in the audience for "The Price Is Right" when I heard my name called.

Nor was I needing to guess the cost of my infusion with my treatment that day contingent on my guess not exceeding the "actual retail price." And neither were there any of "Barker's Beauties" to wave their hands and showcase what items I would be attempting to price right.

No. There were only multiple oncology nurses standing in front of the Infusion Center's entry door calling out the names of the next patients lucky enough to begin their treatment.

It wasn't exactly "Plinko," but once inside the Center, the fun, such as it is, really begins.

At least that's the way the activity appeared to me. The preceding day was July 4, and the Center was closed forcing those Thursday patients to be rescheduled to either Wednesday or Friday. As a result, the waiting area was particularly full with patients, along with their family and friends - all of whom are encouraged to attend.

In the midst of this crowd, I sat and waited. We hadn't exactly been assigned numbers, but we were assigned oncology nurses and therefore could only enter the Infusion Center with their assistance.

Then, with all of us "waiters" looking at the entry door, waiting for an oncology nurse to walk through and call our name, the door lock clicked open and out walked two oncology nurses. As soon as they cleared the door and entered the waiting area, they called out their respective patient's names (unfortunately not mine).

Upon hearing their names, the two patients and nearly half a dozen of their supporters got up and moved eagerly toward the entry door. It reminded me of the beginning of "The Price Is Right" when four audience members' names are called in quick succession and implored to "Come On Down!" by George Gray (Johnny Olson, the original announcer, retired years ago) and officially become one of that day's contestants.

However, once inside the Infusion Center, it's dead serious.

Your life is at stake, maybe even at risk, depending upon your cancer/treatment, and at this point, you're not playing any more games (although occasionally, you may be guessing the price of things and wondering how it all gets calculated). So, you slide into your Barcalounger, hold out your arm to have your bar-coded wristband scanned and prepare for your hopefully, life-saving infusion - don't smoke 'em, even if you got 'em.

It's rare that you'll see your oncologist in the Center.

Typically, they'll be seeing patients in examining rooms, performing surgery or rounding in local hospitals. But they're always a phone call away should the nurses need any additional instructions or clarification.

Generally speaking, once inside the Center, all goes as anticipated for us patients: you're in, you're treated, you're out. And when you're out, new patients names are called and on and on it goes, just like "The Price Is Right," except the program doesn't end in an hour.

And just like "The Price Is Right," where there are no shortage of audience members wanting to participate, at the Infusion Center, likewise, there seems not to be a shortage of patients wanting to be treated either. (Granted it's not exactly the same thing, but you get my drift, I'm sure.)

Cancer is not fun, nor funny, and an Infusion Center is not filled with anticipation of cash awards and magnificent trips. There is however, lots of empathy and understanding - from your support system and from staff as well.

But it's the last place you want to be, unlike "The Price Is Right."

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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Recall Hotline: **703-684-0710**

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Monday - Friday, 7:00am to 7:00pm
Saturday, 8:00am to 5:00pm

YOU HAVE SATURDAY OFF. THAT'S EXACTLY WHY WE DON'T!

ToyotaCare Customers
Don't Forget Your **FREE** Service.
5,000 • 10,000 • 15,000 • 20,000 • 25,000
NOW AVAILABLE Mile Services
Call your ASM for details
ToyotaCare Plus \$329⁰⁰
Covers up to 4 years/45,000 miles

OIL & FILTER CHANGE

\$24⁹⁵ NON-SYNTHETIC **\$34⁹⁵** SYNTHETIC

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

BRAKE SPECIAL \$79⁹⁵

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.
MACHINE ROTORS ADDITIONAL

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SIGHT LINE WIPER BLADES

BUY 1 GET 1 FREE

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 7/31/19.

FREE BATTERY CHECK-UP

Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

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ALIGNMENT SPECIAL \$69⁹⁵

Your car's alignment suffers, and can cause uneven tire wear and steering problems.
INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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VARIABLE DISCOUNT

\$15.00 OFF when you spend \$100.00 - \$199.99
\$30.00 OFF when you spend \$200.00 - \$299.99
\$45.00 OFF when you spend \$300.00 - \$399.99
\$50.00 OFF when you spend \$400.00 or more

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TRUESTART™ BATTERIES

SPECIAL OFFER \$129⁹⁵

INCLUDES BATTERY INSTALLATION
Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance.
Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

Jack Taylor's
ALEXANDRIA TOYOTA

CLEAN AIR A/C INSPECTION & VENTILATION SPECIAL \$129⁹⁵

Includes: Replace cabin air filter, and Toyota Evaporator Service using anti-bacterial foam cleanser and odor eliminator.
Bring back that new car smell!

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 7/31/19.

CALL FOR AN APPOINTMENT AT **703-684-0710** OR SCHEDULE ONLINE AT **ALEXANDRIATOYOTA.COM**